PLAIN PASTA

Nutrition Facts

Serving Size 2 oz (56g or 3/4 cup) Dry
Servings per container 160

Amount Per Serving	
Calories 210	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg**	**0%**
Total Carbohydrate 42g	**14%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 7g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 30%	•	Riboflavin 10%
Niacin 15%	•	Folate 30%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: DURUM WHEAT SEMOLINA, [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)].

**Without added salt in cooking water.

CONTAINS WHEAT INGREDIENTS

MEDIUM SHELLS©

Made from 100% No. 1 Hard Amber Durum Semolina

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